



# **Outpatient Breastfeeding Champion Course Lecture Notes**

**Feb 2023**

**Session 8**



***IABLE***

Institute for the Advancement  
of Breastfeeding &  
Lactation Education

# The Outpatient Breastfeeding Champion Program Session 8



## ***IABLE***

**Institute for the Advancement  
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Lactation Education**



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- The Instructor has no conflicts of interest to disclose
- Continuing medical education credits (CMEs) and continuing education recognition points (CERPs) for IBCLE are awarded commensurate with participation and complete/submission of the evaluation form
- CMEs can be used for nursing credits

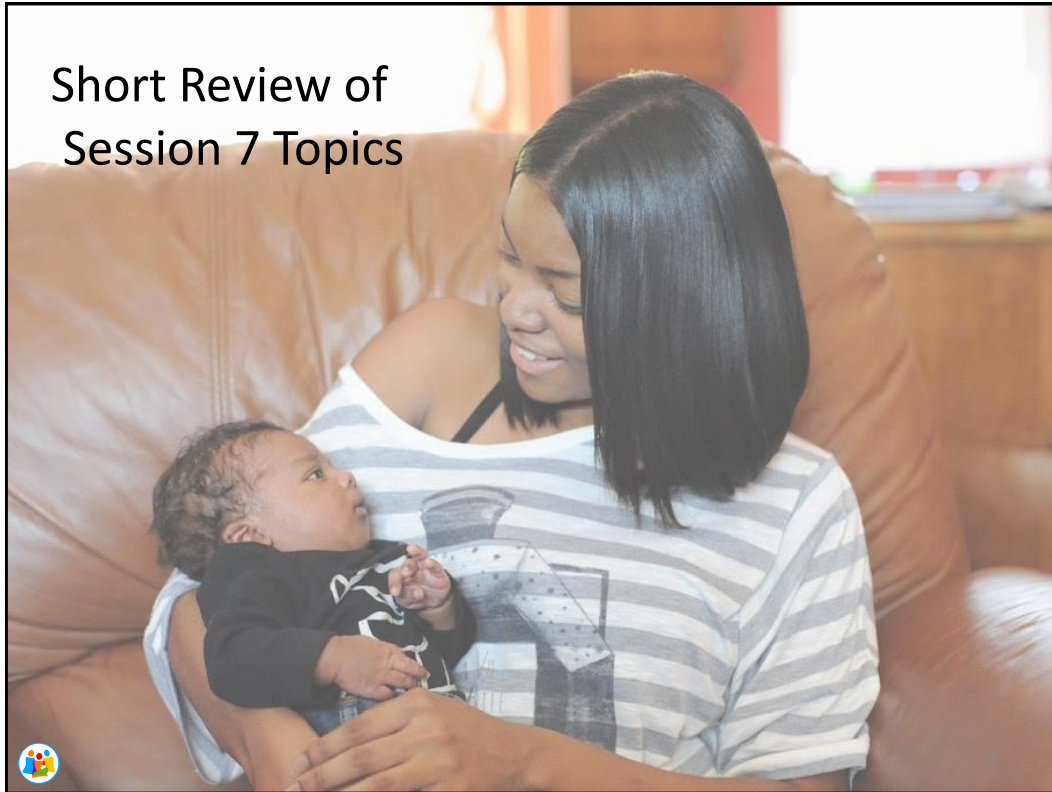


## ***IABLE***

**Building  
Breastfeeding-Knowledgeable  
Medical Systems & Communities**



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### Which Statement is Accurate Regarding Using a Breast Pump?

- A. The pump parts should be sterilized in boiling water daily.
- B. The parent should pump for at least 10 minutes after the milk stops flowing.
- C. Increase the pump vacuum to the highest comfortable setting.
- D. All pumps start in a stimulation phase, and then automatically switch to expression phase.



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## Which of the Following is True regarding Breastmilk Storage?

- A. Freshly expressed breastmilk is not safe to sit out at room temperature.
- B. Frozen breastmilk that was thawed in the refrigerator, is good in the refrigerator for 3 days.
- C. Breastmilk that has been in the freezer for 1 year is acceptable for consumption.
- D. Expressed breastmilk is safe in a refrigerator for at least 8 days.



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A mother of a 2-week old asks you when she should start pumping to store for work. Reasonable advice includes:

- A. Begin storing a few ounces a day starting at around 3 weeks.
- B. Start storing about 15 oz (450ml) a day so you have a freezer full when returning to work.
- C. Don't pump and store milk because it will drive your production up too much. Wait until you start working.



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## What is true about The Break Time for Nursing Mothers Law?

- A. The law requires that employers have a sink available in the space to pump/nurse.
- B. The law requires the employer to pay the employee for lactation break time.
- C. A bathroom, even if private, is not a permissible location under the Act.
- D. All of the above



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## Session 8 Topics

- Medications during Lactation
- Alcohol
- Tobacco Abuse
- Cannabis Use
- Using an Equity Lens in healthcare for populations



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## Session 8 Objectives

- Understand 2 basic principles of medications in human milk.
- Recite 2 reliable sources of information for medication use while breastfeeding.
- List 3 classes of substances that are contraindicated during breastfeeding.
- Identify components of an equity lens when working with populations.

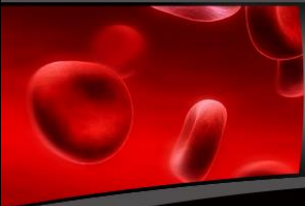


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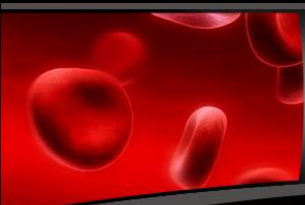
## Basic Principles of Meds and Human Milk

- Volume of distribution
- Half-life of drug- how long it hangs around
- Infant absorption
- Effect on milk production




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## Volume of Distribution

- Meds move from the parent's blood into milk
- More likely to go into breastmilk if:
  - Absorbed from the parent's gut
  - Drug is fat soluble
  - Little protein binding
  - Small molecule




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# Half-Life of Drug


- How long does it hang around?
  - Choose meds that are short-acting
    - Antidepressants
    - Anti-anxiety meds



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## Infant Absorption

Choose medications that are not well absorbed from the infant gut



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## Meds- General Guidelines

- Most medications approved during pregnancy are fine during lactation
  - Decongestants are an exception
- Use evidence-based resources for medications during lactation
  - Lactmed- National Library of Medicine- free
  - Medications in Mothers' Milk by Tom Hale- \$
  - Infant Risk Center - [infantrisk.com](http://infantrisk.com)- free
  - Mother To Baby - [mothertobaby.org](http://mothertobaby.org)- free
  - E-lactancia.org (from Spain, English and Spanish)- free
  - Trashthepumpanddump.org- free
- Usually meds that are OK for infants are OK for lactation
- Choose the best med in a category

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## The List of Unsafe Meds is Short!

- Chemotherapy for maternal cancer
- Radioactive meds
- Codeine, tramadol
- Recreational drugs
  - Occas cannabis is an exception
- Prolactin-lower meds such as cabergoline
- Always look up medications to be sure!



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## Alcohol During Breastfeeding

- Breastmilk level=blood level
- Alcohol in milk decreases infant's intake
- Safe Rules:
  - No more than 2 drinks a day, but don't do this daily
  - Each drink over 1-2 hours
  - Eat food when drinking
- 5 drinks can decrease let-down and drop milk production



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## Smoking During Breastfeeding

- Smokers can breast/chestfeed
- Decreased milk production
  - Dec'd blood flow to breast
- Possible decreased fat in breastmilk
- Reduce exposure by smoking right after feeding, not before
- Low dose nicotine replacement is preferred



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## Cannabis Use During Lactation American Academy of Pediatrics 2018

- Cannabis use is not recommended during lactation
  - Not enough info on transmission of cannabis into breastmilk
  - Concerns that exposure to cannabis in breastmilk may have negative effects on the infant brain
  - Infants and nursing mothers should avoid environments with second-hand cannabis smoke



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## Notice the Triage Tool for Over-the-Counter Meds

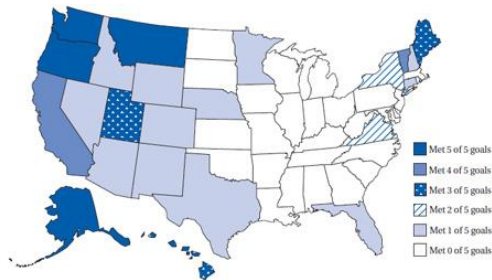


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## Inequity in Breastfeeding Rates

- Lower breastfeeding rates among:
  - African American women
  - Lower socioeconomic groups
  - Populations with lower education
  - Geographic
    - Southern USA



States that have reached HP 2020 goals



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## What is Equitable Health Care?

(US Institute of Medicine)

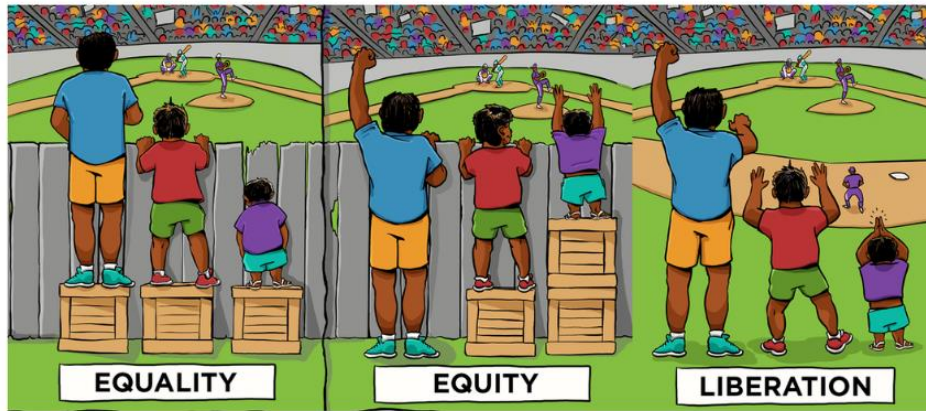
- Care that does not vary in quality because of:
  - Race
  - Gender
  - Income
  - Location
- Equal ≠ Equitable



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## Equitable Health Care Is Not The Same As Equal Health Care



With Permission from the Interaction Institute for Social Change

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## Create a Culture of Equity

Identify Opportunities  
to Improve  
Breastfeeding Support  
in Your Community

Take Action to  
Improve Health  
Equity Using an  
Equity Lens



Photo by Artem Zhukov Unsplash

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## Apply an Equity Lens

- Equity lens
  - Analyzes impact of policies and programs on vulnerable populations
- Work with individuals within the population(s)
  - Enhances understanding
  - Addresses trauma- informed care
  - Builds trust in target populations



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### Examples of Working with Others in Populations to Apply an Equity Lens



**Communicate with and involve leaders-** You learn that a rural Latinx population with a history of low breastfeeding rates has a major barrier- The local employer who expects all workers back 30 days after birth, and there are poor accommodations for lactation breaks



**Trauma informed care-** Your goal is to start a transgender lactation support group. You find out that transgender individuals are very uncomfortable discussing the option of lactation with local healthcare providers, given their history of receiving insensitive healthcare.



**Build Trust –** A public health department may have difficulty executing a postpartum in-home lactation support program in a Native American population without trained individuals of the community providing the in-home care.



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## Lets Apply an Equity Lens in a Community Breastfeeding Project



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You Did It!! Congrats!  
Now Lets Practice a Few Cases...



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## Case 1 Discussion

- What are the parent's concerns?
- What are the parent's goals?
- How can you empathize with her?
- What advice can you offer her?
  - How can this be done in a shared-decision manner?

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## Case 2 Discussion

- What are mom's concerns?
- What are mom's goals?
- How can you empathize with her?
- What advice can you offer her?
  - How can this be done in a shared-decision manner?



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## Conclusions Session 8

- Most medications are safe during lactation.
- Use evidence-based resources to counsel on medications during lactation.
- Parents who drink alcohol and who smoke may continue to breast/chestfeed or provide their expressed milk safely.
- Applying an equity lens allows professionals to be impactful in their communities.



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